

A method and device for avoiding adjacent channel interference and reducing disconnections caused thereby, during communication between a mobile device and a base station in a wireless telecommunications network. The mobile device measures the strength of a received signal before the signal enters one or more selected filters, and compares the strength of the signal after the filtering, in order to estimate a power ratio of the adjacent channel interference to communication channel power. If the power ratio is greater than a threshold, then a handover is requested to an alternative communication channel available between the mobile device and either the base station or another base station.